



Andrea

Age: 34

Status: Single

Role: Design Research & Social Innovation

Education: Finalising PhD

Location: Berlin

“If I would have had suicidal tendencies I would have been dead by now”

“There’s nothing to laugh about it, but the search for a therapist in Berlin, especially in a difficult and delicate moment, because let’s say the truth - If you are feeling well you are not going to look for one”- can leave you stranded with your fears, and makes you doubt if you are strong enough to keep going with the search.

I started the process twice in the last 9 years, it’s a lot of work and effort, and in my case didn't end with the desired outcome”

Background

Goals

- Physical and Mental Health
- Enjoy life with less struggle

Motivations

- Reduce anxiety
- Taking back full control of his life

Frustrations

- Deciding what to do based on anxiety levels
- Having to skip a lot of social life because of the deafening feeling of powerlessness

Andrea has lived in Berlin for the last 13 years, he was born in New York by Italian parents. He is about to finalise his fellowship at the Humboldt University. He speaks Italian, English and by now also German, it wasn’t like this when he started the search process for the first time 9 years ago.

He likes to travel, dance and even though he loves to live in a big city, spending time in nature is very important to him to relax and free his mind.

He started the search for a therapist because he felt his life long anxiety problem, after 4 years in the city was getting worse, and some levels of depression were adding in. He initially asked some friends and otherwise used the web, he discovered right away it wasn’t going to be an easy task. Most of the statutory insurance covered therapist did not have a website, which means he had to go blind through a list of name and numbers, only one out of 20 contacted him and set an appointment, this unluckily did not go as wished, the therapist told him by the end of the session she wasn’t the right fit for him, because she was specialised in a therapy type that wasn't the right one for him. He contacted another 10 with no answer, at that point he stopped and had to put himself together the best he could and go on with life.

Years later he felt he was back at the same point therefore decided to try once more, at this point he was able to speak German, which made some things easier, like searching right away for the right type of therapy that was also covered by the insurance, nevertheless the search wasn’t successful.